

## Taking a Look at Dietary Supplements



### Do You Know ...

The total sales of dietary supplements is greater than \$16 billion per year. More than 29,000 different products are estimated to be available.

### Dietary Supplements Fall Into 3 Categories:

- Vitamins and Minerals
- Herbals (sometimes called Botanicals)
- Other (any supplement that does not fit in the first two)

### Important Supplement Information

#### Caution!!

The dietary supplement industry is largely unregulated. What does that mean for you?



**Buyer Beware!** The government only gets involved **after** a problem arises.

This is much different than how foods and drugs are regulated in the United States. Read on for some tips on how to decide if supplements are right for you.

#### Guidelines for Choosing a Supplement

- Generic brands cost less.
- Look for "USP" or "NF" on the label—this means they are following standards for quality and safety.
- The label should have a clear ingredient list and manufacturer contact information.
- Amounts of specific nutrients should not exceed 100% of daily recommended amounts (daily values).
- The package should be child proof.

# Eat to be Fit

## Vitamin and Mineral Supplements

### Who Needs them?

- Pregnant women.
- Women of child-bearing age (folate).
- Strict vegetarians (iron, B-vitamins).
- People who cannot drink milk or eat dairy foods (calcium).
- Elderly people who are not able to eat a healthy diet.
- People who are on a very low calorie diet.

### How Much is Safe?

Try not to exceed 100% of the daily recommended amount of any specific nutrient.

***More is not always better...in fact, too much of some supplements can be toxic.***

### Can I Really Get all the Vitamins and Minerals I Need from Food?

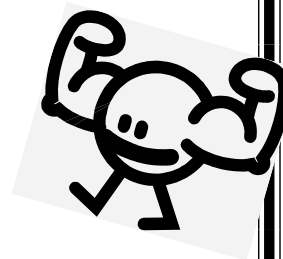
YES! Variety is the key! Choose lots of different foods from each food group. Each provides key nutrients not found in the other food groups.

## Herbal Supplements

Herbal supplements come from plants. However, being “natural” does not make them safe. If you are considering using herbal supplements:

- Learn as much as you can about a specific herbal supplement.
- Find out if there are any negative interactions between the herbal and any other medications.
- Tell your doctor about any and all supplements you are taking.
- Check out the “Office of Dietary Supplements” Website to see if any negative health effects have been reported (see Website below).

### Performance Enhancing Supplements



There are lots of products advertised that claim they will give you that “edge” in your athletic performance. **Beware ...** many of these products can cause more harm than good.

Little data exists to prove that these remedies are worth the price tag; and even worse, there have been virtually no studies to determine safety and effectiveness for growing teens. The best bet for teens is to enhance performance through a sound training routine, nutritious food, plenty of fluids, and adequate rest.

### Want More Info on Dietary Supplements?

Office of Dietary Supplements

<http://dietary-supplements.info.nih.gov/>

Teens Health: Answers and Advice

[http://kidshealth.org/teen/food\\_fitness/sports/sports\\_supplements\\_p2.html](http://kidshealth.org/teen/food_fitness/sports/sports_supplements_p2.html)